



thecollegian

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To vape or not to vape



PHOTO ILLUSTRATION BY GEORGE WALKER | THE COLLEGIAN

While many argue that e-cigs are safer alternatives to traditional cigarettes, studies show that nicotine in e-cigs can still cause health issues.

By RUSSELL EDEM
THE COLLEGIAN

Maybe you saw someone on campus using one. Perhaps it was a family

member or a close friend. Maybe you use one yourself and wonder whether they are safer than traditional cigarettes.

Whatever the answer might be, there is still a question about whether e-cigarettes are safer than traditional cigarettes.

According to the data website Statistic Brain, 45 million people in the U.S. smoke cigarettes and 2.5 million people use e-cigs as of July 2014. The website also shows that out of the 45 million people who smoke, 2.7 percent have tried e-cigs.

These statistics make you wonder just how many people understand how an e-cig works, what's in the "juice" e-cigs use, where its components are manufactured and how safe it is.

Where did e-cigs start?

According to e-cig website Ever Smoke, e-cigs have been around for some time – dating back to 1963 when Herbert A. Gilbert, the man who designed the first e-cig, filed a patent for this type of product. He was way ahead of his time for such an invention. During this time, traditional cigarettes were common in society and people were allowed to smoke in many public places. Traditional cigarettes were a social part of everyday life and were not thought to be necessarily unhealthy or dangerous.

In 2003, Chinese pharmacist Han Lik, who lost his father to lung cancer, developed the first e-cig that went to market. He created a method that allowed smokers to get nicotine from inhalation without having to smoke traditional cigarettes. The success spread and many countries quickly embraced the e-cig.

The e-cig moved into the U.S. market in 2007. The first international organization to mention the e-cig was the World Health Organization, who avoided talks on whether they were safe or not. The only thing WHO banned was e-cigs being referred to as smoking cessation devices. By doing this, it gave e-cigs credibility by having no bad effects related to them.

CONTINUED ON PAGE 6,
"E-CIGS"

State, local talking points

By PARKER HEINZE
THE COLLEGIAN

K-State announces Welcome Center's name

The new K-State Welcome Center will be named the Berney Family Welcome Center, according to a K-State press release after the Kansas Board of Regents approved the decision Wednesday.

Construction is scheduled to start on the center in 2015, which will be built on the east side of K-State's Memorial Stadium.

The name was chosen in recognition of an \$11 million "commitment to advance the university" made by Rand and Patti Berney of McKinney, Texas. Rand Berney graduated from K-State in 1977 with a bachelor's degree in accounting, while Patti Berney attended Fort Hays State University.

Car chase in Topeka

Shawnee County Sheriff's Deputies arrested a man after a car chase Tuesday afternoon.

It all started when Derek Meek, 54 of Topeka, failed to appear in Jackson County court, according to the Topeka Capital Journal. A Silver Lake police officer tried to make contact with Meek after he stole a parked Jeep Grand Cherokee.

The chase started east on US-24 at 1:35 p.m. and at one point Meek left Shawnee County and entered Jefferson County. By the time the car broke down at the 2900 block of N.E. Meriden Road, three of the four tires were down to the rim.

Meek was then taken into custody with no incident and was charged with theft of a motor vehicle, fleeing and eluding police, numerous traffic violations and the charges of not appearing in court.

Sprint sells push-to-talk

Overland Park, Kansas-based company Sprint has sold its push-to-talk network to Pacific DataVision Inc., which is led by two former Nextel Corp executives, according to a Kansas City Star article Wednesday.

DataVision said they received approval from the Federal Communications Commission to acquire all Sprint's 900 MHz wireless spectrum licenses.

Nextel Communications was acquired by Sprint in 2005, making the Sprint Nextel Corp. Nextel was a leader in push-to-talk technology. As part of the sale, Sprint received \$10 million of the purchase price in Pacific DataVision common stock.

Car rollover injures woman

A 64-year-old woman crashed her car in Pottawatomie County Sunday afternoon.

The woman, Alice Thomas, was injured at about 1:30 p.m., according to the Topeka Capital Journal.

The vehicle, a 2003 Ford Taurus, was traveling north on K-13 when it left the roadway, struck a field entrance, rolled and landed upside down. Thomas was pulled from her car by rescue crews and taken to a nearby hospital.

Aggieville bars cater to diverse Manhattan audience

By KELSEY KENDALL
THE COLLEGIAN

From pubs to lounges to clubs, there are bars for patrons of all kinds in Aggieville.

The bartenders and servers of Kathouse Lounge, Tubby's Sports Bar and Johnny Kaw's understand the audience they serve and strive to keep their customers entertained with their own flair.

Andrea Wells, freshman in business management and shot girl at Johnny Kaw's, describes working in the sports bar as, "kinda like working at a party." With newer and popular music and a lot of dancing, she said it can be more like a high energy club than a college bar at times.

"We're a really care-free bar," Wells said.

Since Wells began working at Johnny Kaw's in May, she noticed that the clientele tend to be a younger, newly 21-year-olds that keep the bar more lively.

Tubby's Sports Bar, in contrast, has a diverse clientele according to general manager Blase Martin.

"It's just a full on rager Friday and Saturday nights," Martin, senior in geography, said.

Courtney Alexander, Tubby's waitress manager and junior in marketing, said she believes that the bar appeals to every type of person. With party themes and date parties, the bar attracts many

college students and community members alike.

Martin said that the crowd on Friday and Saturday nights tend to be more college students and military personnel from Fort Riley. On Sundays, however, the sports fans come out.

For NFL games, the clientele tends to be predominately male, while K-State games draws in business from families, alumni, K-State faculty and more. Groups of fans pull tables together and the get enthusiastic cheering for their favorite Wildcats. Some will even get up on the bar top to lead everyone in a chant.

Another unique establishment comes in the form of Kathouse Lounge. Hannah Jones, bartender and senior in economics, described Kathouse as a high-class, high-energy lounge. The atmosphere is considered sophisticated, but generally has the same specials as other bars.

According to Jones, the diverse crowd it attracts include many of the international students from K-State. Jones attributes two things to drawing in and keeping their clientele: the clean bar and the familiar faces behind it.

"None of (the other bars) have that swanky feel," Jones said.

Also, many of the bartenders have worked in Kathouse for a while. Many of the regulars know them by name, and Jones said she believes that is important at a bar.

"Whenever you go out to have a good time, you want to see familiar faces," Jones said.



GEORGE WALKER | THE COLLEGIAN

A group of people huddle up in Tubby's Sports Bar in Aggieville on Wednesday. Tubby's attracts a variety of people, as it has both a traditional bar area and a dance floor.

INSIDE



3 Finding the motivation to workout can be tough for students



5 K-State volleyball ends nonconference play in Michigan

Fact of the Day

When dissolved in water, Viagra can make cut flowers stand up straight for a week.

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16 Kreskin's skill
17 Appalachian or Oregon
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21 Wed
23 Donnybrook
25 Bleachers occupants
26 Hay bundle

DOWN

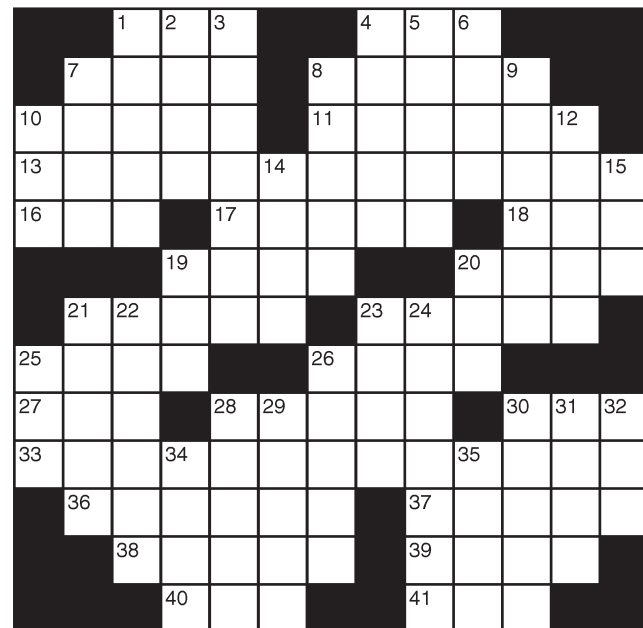
27 Coquettish
28 Miss America's head-piece
30 Larry's pal
33 "Some Like It Hot" plot point
36 Embedded, as mosaic tile
37 City destroyed by Godzilla
38 Continental money
39 Holly
40 Superlative suffix

12 Provide
14 Deuce topper
15 Group of whales
19 Store-front sign abbr.
20 Heady brew
21 New Zealand native
22 Whoever
23 Former filly
24 Stretchable
25 TV monitor?
26 Rhymesters
28 Despots
29 Lame-brain
30 Wearing a wire, maybe
31 Black cameo stone
32 Id counterpart
34 Pivot
35 Unaccompanied

Solution time: 24 mins.

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Yesterday's answer 9-17



9-18 CRYPTOQUIP

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Yesterday's Cryptoquip: SINCE THAT UTILITY WORKER IS A SPECIALIST IN ELECTRIC POWER, SURELY HE KNOWS WHAT'S WATT.
Today's Cryptoquip Clue: M equals O

Conceptis Sudoku By Dave Green

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| | 9 | 6 | | | | 5 | 4 | |
| | | | 6 | | 5 | | | |

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The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

The chalkboards were more advanced before the renovation of CW 101, then they had a button to move them.

Funny things needed to be posted, not quotes.

It's game day!

If you want a closer visit to Arkansas, come to Southeast Kansas! If you are related to a few people you could be related to half a county!

You know you are in Southeast Kansas when you have to teach a local the difference between a pint and a quart. Yes, this really did happen.

To submit your Fourum contribution, call or text 785-260-0207 or email thefourum@kstatecollegian.com. Your e-mail address or phone number is logged but not published.

KenKen | Medium

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.

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THE BLOTTER

ARREST REPORTS

Tuesday, Sept. 16

James Thomas Moore, of 2307 Cheryl Terrace, was booked for criminal trespass. Bond was set at \$1,000.

Cheyenne Colleen Chebultz, of 730 Allen Road; Lot 160, was booked for misdemeanor theft. Bond was set at \$750.

Daundra Odae Brown, of 1020 Garden Way; Apt. B, was booked for driving with a cancelled, suspended or revoked license. Bond was set at \$1,500.

Brian Albert Clifton, of 16750 Fostoria Road, Westmoreland, was booked for driving under the influence. Bond was set at \$750.

Wednesday, Sept. 17

Renee Christine Andritsch, of 2416 Hobbs Drive, was booked for driving under the influence. Bond was set at \$750.

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Tips on staying motivated, sticking to your workout



MARISSA HAAKE
THE COLLEGIAN

Classes, homework, work schedules and social excursions are all excuses for not being able to hit the gym. However, we all have those friends who come back from a workout smiling about their spin class, excited about their new personal record on the bench press or ready to go sign up for a local 5K.

We envy these people. How do they balance their hectic schedules to find the energy to head down to the Chester E. Peters Recreational Center?

Tom Holland, a Connecticut-based celebrity fitness trainer, exercise physiologist and expert in sports psychology, said in a Health.com article that we all have the potential to become fitness-obsessed by developing a few workout regimens.

Wake up earlier

One way to make exercise a habit is by waking up earlier. A study from the University of North

Texas found that people who exercise in the morning are more likely to stick with their workout versus those who exercise later in the day.

"Exercising in the morning gives me energy for the rest of the day and I get to exercise on an empty stomach," Morgan Wills, senior in political science and natural and environmental resources, said. "It is such a great sense of accomplishment to get it out of the way in the morning, and that sense of accomplishment snowballs throughout the rest of my day. I've also found it is very easy to be consistent because if I exercise at another time of the day, I crowd it out with other things."

Find a niche

Another key to staying motivated is finding your exercising niche. Maybe you aren't comfortable sitting on a spinning bike for an hour or you can't stand running so you will never sign up for a long-distance race. Perhaps a Zumba class or six-pack-ab-attack class offered at the gym would be a better fit.

"Finding your passion in a type of exercise is so great because you get to get out of your head, be part of a community and switch focuses," Megan John, owner and coach of CrossFit Manhattan, said. "I think this is especially important when you are in school, because you need to be able to step out from time to time to zone out



CASSANDRA NGUYEN | THE COLLEGIAN

Lacking motivation can be tough in college, especially when it comes to working out. A University of North Texas study found that going to the gym in the morning will help people stick to their routine.

from your studies and focus on something else that is important for you."

Personal trainer

Another suggestion of Holland's is to pay for a personal trainer. While this might seem like an expensive option, it can be

extremely effective. Trainers are taught how to motivate people and set attainable goals. This is the same concept as working out with a friend because you would not want to skip out on them.

"My personal trainer said he would literally come and pick me up if I don't show up one day,"

Lauren Hudson, sophomore in open option, said. "It makes sense though, because I pay for it so if I didn't go it would be a waste of money."

CONTINUED ON PAGE 6,
"MOTIVATED"

Dieting practices vary in effectiveness, students should examine options carefully

BY MARISSA HAAKE
THE COLLEGIAN

The freshman 15 is a real thing, and some students try a lot of fad diets to get back the body they once had before their first day of college.

Not all of their diet plans will work, but some have great success stories that can help others decide which one is right for them.

Herbalife diet

One diet students around campus are trying is the Herbalife diet. For this weight-loss plan, dieters drink two Herbalife shakes a day, exercise regularly and take their herbal supplements and vitamins. They also get to eat one meal a

day that is light in calories and packed with lean meats, fruits and vegetables.

"I would say it is more like a lifestyle versus a diet, because you can gain weight, lose weight, or get your essential nutrients depending your goal," said Alana Avery, Herbalife supervisor and junior in elementary education. "I went into this just trying to lose weight and I was overwhelmed by what Herbalife gave me. (It) gave me good health and also an awesome job opportunity. It really is inspiring to hear other's success stories."

A downfall of Herbalife is many people find it to be too expensive. The quick-start program is anywhere from \$113 to \$130 and lasts about two weeks.

Healthy Fusion in Manhat-

tan is a shake store that allows you to try a shake meal or tea for around \$6. They have trainers in the store to help you get a body scan and provide more information on the Herbalife plan.

Garcinia Cambogia Extract

Another relatively new diet fad is the Garcinia Cambogia Extract, which is an appetite suppressant, stomach toner and fat diffuser.

"Anytime I see a scientist get this excited about something like Garcinia Cambogia extract, and when I looked through some of this research and called these scientists myself, I get excited," said Dr. Mehmet Oz, a cardiothoracic surgeon and teaching profes-

sor at Columbia University, on his television show "Dr. Oz." "That's why Garcinia Cambogia extract makes sense to me and fascinates me."

In the skin of the Garcinia Cambogia fruit, there is a large amount of natural substance called hydroxycitric acid, an active ingredient that produces weight loss effects.

A review published in the Journal of Obesity in 2011 looked at 12 clinical trials and found that Garcinia Cambogia can increase weight loss by about 2 pounds on average over a period of several weeks.

However, The Journal of The American Medical Association tested the extract by putting a placebo and a treatment group on a high-fiber, low-calorie diet. The study found that both groups lost weight. The

placebo group lost 2.16 percent of weight, while the group taking Garcinia Cambogia lost only 1.6 percent.

However, the difference is not statistically significant; the results could have been due to chance.

Lean meats

The one way to trim fat that will work for nearly anybody is eating lean meats, a lot of vegetables and cutting back on sugars.

"It is definitely healthier for students to eat from the food guide pyramid," Julie Gibbs, director of health promotions at Lafene Health Center, said. "There is a reason why we have that guide for us: if we are careful about quality and quantity, then we shouldn't need the other things like pills

and shakes. I think eating right is the best way to go about maintaining a healthy weight and lifestyle."

Weight loss is generally 75 percent diet and 25 percent exercise. An analysis of more than 700 weight-loss studies found that people see the biggest short-term results when they eat a balanced diet.

"Choosing whole foods and maintaining a balance of carbohydrate, fats, and protein in ones diet is key," said Erin Lichter, senior in dietetics and intern for K-State sports nutrition. "Fad diets often restrict individuals leading only to short term goals, which do not last. Nutrition is definitely a lifestyle."

Always be sure to contact your personal doctor before starting any weight loss plans.

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Students have smashing good time



MASON SWENSON | THE COLLEGIAN

Vail Moshiri, freshman in mass communication, gives it his all at Silver Key Sophomore Honorary's Car Bash Wednesday afternoon. The money raised went to benefit the Manhattan Emergency Shelter.

Aggieville's The Cozy Inn offers unglamorous yet satisfying old school burgers

Cozy Inn

★★★★☆

Restaurant review by
Jon Parton

Aggieville is an ideal place for restaurants, as drunk people have exceedingly low standards when it comes to food.

Located in a hole in the wall at 1109 Moro St. next to the police substation, Cozy's offers a wide-variety of food. By wide-variety, I mean you can either have burgers or grinders.

Upon entering The Cozy Inn, I was assaulted with the smell of what I perceived as body odor. Turns out, it was onion.

Like many of Aggieville's establishments, the most prominent feature of Cozy's is a muted TV permanently tuned into ESPN. Decorations are sparse, limited to a menu on the wall and newspaper articles about the place embedded in the six-stool counter.

I visited on a Saturday afternoon, after the lunch hour but before the evening bar crowd poured in. I think the employee serving me was a little shocked when I said I was going to eat in rather than take the food to go. It's as if the smell of onions was meant to keep people out. It would be a perfect place to double as a front for the mafia.

The smell was terrible, but damn it, I was going to soldier on. Cozy serves sliders, as in small burgers that can be eaten in two or three bites. At 98 cents apiece, they're comparable in price to the cheapest items on a fast food dollar menu. For those feeling serious hunger pangs, they offer doubles for \$1.59.

Within a few minutes, a piece of wax paper was set

down in front of me with fresh sliders straight from the grill. I guess it cuts down on labor by not having to wash plates, or maybe they don't trust their customers with blunt objects. Along with a can of soda and a bag of waffle fries, the wax paper was slowly pushed forward. It's as if my server said, "Go ahead. I dare you."

I picked up a slider, noting

the grease stain it left behind on the paper. The mark of any good burger joint isn't what's hanging on the walls, but what's served on the grill. The sliders were unadorned with any sort of stylish presentation, topped only with onions and pickle slices. The taste. The taste. Oh my God, the taste.

I finally understood why the unwelcome onion smell

that permeated the building had to be tolerated. Disgusting when eaten separately, the combination of greasy hamburger seeping through the bun, mixed with the texture of cooked onions created a memorable flavor.

It passed my personal test. I was sober and yet I wanted more. The fries were lightly salted with a firm yet soft tex-

ture and provided a gratifying contrast that paired well with the sliders. Within the span of 15 minutes, I was finished and, much more importantly, I was satisfied.

The little diner offers combos that include either six or four sliders along with chips and soda for \$7.99 and \$6.49, respectively. Fries can be substituted for a quarter

more. The smell of onion will stay with you the entire day and it's not the cheapest deal in town, but Cozy offers a simple, satisfying taste of Americana not found at other fast food restaurants. Just order it to go.

Jon Parton is a junior in mass communications. Please send comments to edge@kstatecollegian.com.



HANNAH HUNSINGER | THE COLLEGIAN

Three Cozy Inn burgers on the counter of the restaurant on Wednesday afternoon. The original Cozy Inn opened its doors in Salina in the 1920s, the Manhattan branch opened at its Aggieville address in 2011. Manhattan's menu differs only slightly from Salina's, offering cheese on the burgers, as well as fries and a grinder sandwich.

Local crime briefs

By JON PARTON
THE COLLEGIAN

Guns stolen from Manhattan home

Two guns with a combined value of \$2,000 were stolen from the home of a Manhattan man, according to a Riley County Police report. Joseph Morrison, 65, filed a burglary report Sept. 16 around 10:30 a.m. after he discovered a shotgun and handgun missing from his home. Morrison reported that he did not know when the guns were stolen. No arrests have been made as officers continue to investigate the in-

cident.

Wichita woman arrested at Manhattan Wal-Mart

A Wichita woman was arrested at the Manhattan Wal-Mart following an altercation with an RCPD officer. Treasure Marlowe, 18, was booked for battery, criminal threat, disorderly conduct, interfering with law enforcement and theft. Police originally responded to the location as part of a shoplifting investigation.

According to police reports, stolen items were found on Marlowe once she was in custody. Marlowe was issued a "no bond" and was taken to the Pottawatomie County jail.

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K-State volleyball looks to add third tournament championship to season

By TIMOTHY EVERSON
THE COLLEGIAN

As the Wildcats look ahead to next weekend's opening Big 12 competition, an impressive eight-match winning streak sits in their back pocket as they prepare to head north to Michigan on Friday.

The team is coming off of a sound performance against South Dakota State on Tuesday and will hit the road for its third away tournament of the season.

K-State received votes in the latest AVCA poll, which was released on Monday.

The team was forced to look to its underclassmen in the early parts as the season, and the young squad has gone way beyond just accepting the challenge.

As of Tuesday's match, the top three Wildcats in kills were either freshmen or sophomores. Freshman outside hitter Kylee Zumach, leads not only all players on here team in kills with 129, but she also leads all conference freshmen in kills. She also ranks third in conference total kills,

only trailing West Virginia's Jordan Anderson and Baylor's Andie Malloy.

However, a good right hook is nothing without a steady left jab and so far, Brooke Sassin has been that complement to Zumach. A total of 125 kills puts here right behind Zumach on the list of kills in the Big 12.

Sassin, a Mississippi State transfer, has been stellar so far for K-State as she has been named to several All-tournament teams this season.

A setter of all-conference caliber certainly helps the duo in their efforts to lead K-State at the net. That's where setter Katie Brand steps in. She is second in the conference in assists per set with 11.35 and third in the conference in overall assists, with 420 heading into this weekend tournament.

On Friday, the Wildcats start off the tournament with Eastern Michigan. The Eagles are off to a 7-2 start and have played and beaten two teams that K-State beat in last weekend's Saluki Invitational, Marshall and IPFW.

Eastern Michigan is led by junior outside hitter Stacy Perinar,

who leads her team with 104 kills.

Later that evening, the Wildcats will face Michigan on its home floor. With a 3-4 record, the Wolverines have had their ups and downs. They lost to Arkansas early in the season in five sets, but they also beat a Duke team in five sets that was ranked 19th at the time but as of Monday is only receiving votes in the polls.

The Wolverines are led by sophomore middle blocker Abby Cole and her 89 kills.

Finally, K-State wraps up nonconference play on Saturday as they take on the Youngstown State. The Penguins are 9-3 on the season and collected their first win against a ACC school in 12 years as they beat Virginia in five sets last week.

They are led by freshman outside hitter Sam Brown who has 16 service aces on the season and is averaging .36 aces per set.

KANDACE GRIFFIN | THE COLLEGIAN

Sophomore outside hitter **Brooke Sassin** spikes the ball over the net during the match against Missouri State University in Ahearn Field House on Sept. 8. K-State won the match 3-2.



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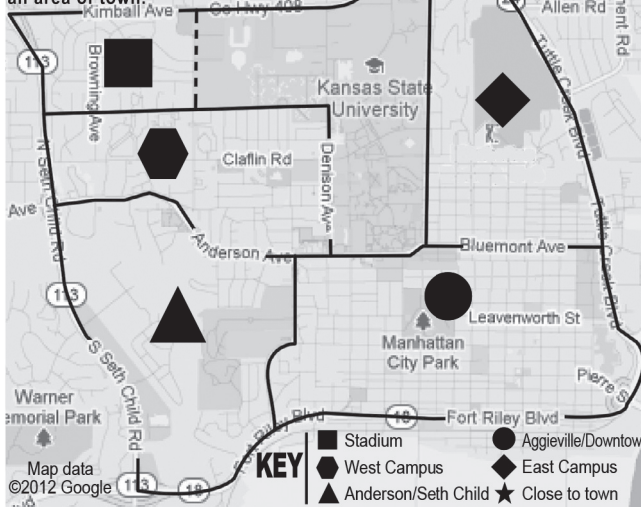
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Conceptis Sudoku By Dave Green

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|---|---|---|---|--|---|---|---|---|--|
| | | | 5 | | 2 | | | | |
| | 4 | 1 | | | | 3 | 2 | | |
| 5 | | | 8 | | | | | 6 | |
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| 9 | 5 | | | | | | | 2 | |
| 4 | | | | | 3 | | | 8 | |
| | 8 | 9 | | | | 1 | 5 | | |
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Difficulty Level ★★★

9/29

Answer to the last Sudoku.

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|---|---|---|---|---|---|---|---|---|--|
| 8 | 2 | 1 | 4 | 3 | 5 | 6 | 9 | 7 | |
| 9 | 4 | 6 | 8 | 2 | 7 | 1 | 3 | 5 | |
| 7 | 3 | 5 | 1 | 9 | 6 | 2 | 4 | 8 | |
| 5 | 7 | 8 | 2 | 1 | 9 | 4 | 6 | 3 | |
| 3 | 1 | 9 | 6 | 8 | 4 | 7 | 5 | 2 | |
| 4 | 6 | 2 | 5 | 7 | 3 | 9 | 8 | 1 | |
| 6 | 8 | 4 | 7 | 5 | 2 | 3 | 1 | 9 | |
| 2 | 5 | 3 | 9 | 4 | 1 | 8 | 7 | 6 | |
| 1 | 9 | 7 | 3 | 6 | 8 | 5 | 2 | 4 | |

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9/29

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E-CIGS | Tests say electronic alternative to cigarettes up to 1000 times less harmful

CONTINUED FROM PAGE 1

This caused massive amounts of studies to be done; information and press all in a positive way making the public believe that they were safe. Studies done by Health New Zealand and Ruyan revealed that e-cigs contained no questionable chemicals present at toxic levels. Testing also showed that e-cigs were 100 to 1000 times less harmful than traditional cigarettes.

What's this made out of?

If consumers compare an e-cig with a traditional cigarette, the results are staggering.

According to the American Lung Association, there are more than 600 chemicals in a cigarette, but when they are burned there are more than 7,000. Out of these 7,000, 69 are known to cause cancer. Some of the chemicals found in cigarette smoke include acetone, acetic acid, ammonia, arsenic, benzene, butane, cadmium carbon, formaldehyde, hexamine, lead, naphthalene, methanol, nicotine, tar and toluene.

One local e-cig retailer said e-cig juice contains a minimal amount of ingredients.

"There are only three ingredients found in e-cig juice, and they include propylene glycol, vegetable glycerin and nicotine – which is optional – and artificial flavor, depending on what type of juice you buy," said Courtney Kirby, manager of Juicy's Vapor Lounge located at 1203 Moro St.

The type of propylene glycol used in e-cigs is a food additive and preservative, which comes from propylene oxide – a byproduct of petroleum that has been ruled as safe by the FDA.

Vegetable glycerin is a natural organic glycerol made from vegetable oil; this is used in some types of e-cig juice.

The last ingredient, nicotine, is extracted from the tobacco and measured out into the juice. Consumers can get different levels of nicotine ranging from 0-36 mil-

ligrams.

What can be found in the vapor of an e-cig?

A study by the Center for Tobacco Products shows that e-cigs do not pose any serious health effects. Researchers tested the brand of e-cig called Ruyan V8 e-cig for cigarette related toxins and found none. They also found that the emissions or vapor from e-cigs was 15 times lower than that of traditional cigarettes.

The other components of e-cigs include a rechargeable battery, a charger, a tank or cartridge (depending on what type of e-cig consumers buy), and the atomizer or coil which heats the liquid to cause the vapor.

There are two types of e-cigs: one looks like a real cigarette and the other is known as a mod or clearomizer. The one that resembles a real cigarette uses a cartridge that has the atomizer and juice already inside, which screws onto a battery. The mod has a tank to put the juice inside with a dropper that is built into the bottle of juice. The tank then screws onto a battery.

E-cigs work when users take a drag from the device and the liquid mixture heats up as it passes over the coil, which turns the liquid into a vapor. This is the way the nicotine is taken into the body. There is no flame, smoke, ashes or burning of paper or tobacco, which causes most of the chemicals in traditional cigarettes.

What does this mean medically?

The question for many is whether or not e-cigs cause health issues that may or may not parallel its predecessor. According to CJ Caswell, owner of Manhattan Vapors located at 700 Rosencutter Road Suite C, e-cigs are actually better for everyone.

"Without a doubt e-cigs are safer, Caswell said. "Not only to the people using them, but you don't get the second hand smoke



PHOTO ILLUSTRATION BY GEORGE WALKER | THE COLLEGIAN

An e-cig unscrews to allow users to refill it with a variety of flavors.

like you do with traditional cigarettes."

However, the nicotine found in e-cig juice is known in studies to cause health issues. According to a news article published by The New York Times, nicotine causes an increase in higher heart rate that can cause hypertension, congestive heart failure and arrhythmias.

"The only thing I know that can cause a health issues with an e-cig is nicotine, which can lead to restricted blood vessels and high blood pressure," Caswell said.

A big difference between e-cigs and traditional cigarettes, other than the chemicals, is that the amount of nicotine you get from e-cigs can be regulated by the different amounts found in the juice.

"I have more control over how much nicotine I take into my body, and I am able to purchase the juice with different levels of nicotine," Jake Canady, sophomore in social work, said. "This gives me the ability to cut back until I am free of it all together."

In order for consumers to know if e-cigs are safer, it has to be determined if propylene glycol and vegetable glycerin cause any health issues.

According to medical website Medscape, propylene glycol has been tested and is used in a variety of products and pharmaceutical formulations that were FDA approved. E-cigs have undergone numerous tests by both independent researchers and the FDA, and the conclusion stays the same: there is no harm

caused by e-cigs.

One independent study showed that researchers testing e-cig mist for over 50 known toxins that are found in traditional cigarettes discovered none in the mist. The FDA also failed at finding carcinogens and toxic chemicals in most of the products they tested.

The e-cig website Canadavapes states that vegetable glycerin is used as a sweetener, and is an ingredient in many products such as sugar substitutes, beauty products like shampoo, makeup, bubble bath, aftershave and deodorant. Other products include pet food, soap, skin and hand cream and baked goods.

The chemicals that were found in the e-cig mist are no different than the chemicals found

in medical nicotine patches at a lower concentration.

"Another thing I like about e-cigs is that there is no secondhand smoke, only vapor," Canady said. "According to the research I have done, there are no harmful chemicals in the vapor. I used to feel guilty about smoking around my friends because of the smoke. Now that I have switched to e-cigs, I don't have that problem. I do have to explain to them that it's just water mist or vapor and there is nothing in it that will hurt you."

CHECK OUT THE COLLEGIAN
TOMORROW FOR
PART TWO OF THIS
STORY.

Maxwell says equestrian has 'young, fresh team'

By BRIDGET HOOVER
THE COLLEGIAN

With a team of underclassmen this year, K-State equestrian's expectations for Friday's competition are unknown as the season gets underway.

The No. 6 Wildcats will face No. 2 South Carolina on Friday in the first meet of the season. K-State finished last season with a 13-3 loss in the NCEA National Championship against Auburn on April 18.

Head coach Casie Maxwell said right now the team is just focusing on the task at hand – competing against South Carolina. Maxwell said the Gamecocks are a seasoned team that has a lot of experienced riders.

"We've (K-State) got a young, fresh team who is anxious to get out there so it should be a good match," Maxwell said.

Senior Madison Wayda and sophomore Henley Adkins will be leading the Hunter Seat team while senior Savannah Smith and junior Danielle Kemper will be leading the Western team in

Friday's competition. A total of 18 riders will be competing Friday.

Also competing for the Hunt Seat side are sophomores Alexis Graves, Christina Martinelli, Taylor Schmidt, Gretchen Koenen and freshman Molly Dunn.

In Western fans will see senior Kelsey Sousa, juniors Emily Castellini, Kara Guy, Nicholle Hatton, sophomores Alyssa Lombardi, Kelsey Koranges, and freshman Brynn Critcher and Heidi Schmitz.

Maxwell explained in a

previous interview that the Purple and White Scrimmage held just two weeks ago was a chance to get all riders in the arena in a show format.

"Doing this at the beginning of the season just kind of lets us see a preview of what our athletes are riding like – kind of gets us prepared for that first real countable competition," Maxwell said. "It gives them an opportunity to kind of shake their nerves out and for those freshmen, it gives them that first opportunity to get in the competition arena in this format."

MOTIVATED | Social media accounts provide sources of inspiration

CONTINUED FROM PAGE 3

Still not motivated to work out? Try following some health-nut Twitter accounts, such as @BeFitWorkouts or @WorkingOutTips. When you find yourself sitting and scrolling through your tweets, you may find something that motivates you to jump up and hit the weights.

We all have the potential to motivate and push ourselves a bit more to be active, the question is how we do it. With

the plethora of options at your disposal, all you need to do is take a step toward one of those options so you can achieve a better version of you.

The views and opinions expressed in this column are those of the author and do not necessarily reflect the official policy or position of The Collegian.

Marissa Haake is a junior in mass communications. Please send all comments to edge@kstatecollegian.com

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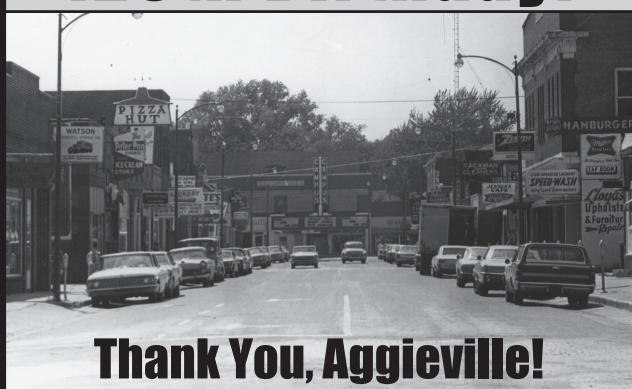
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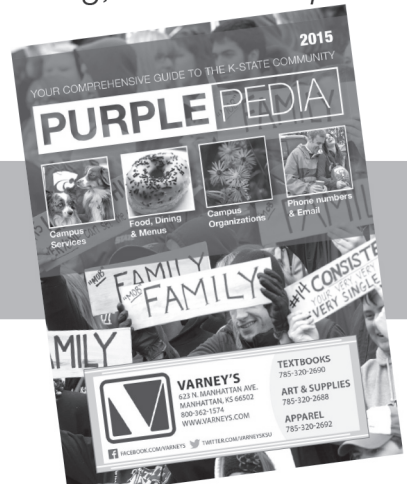
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